

FOUR DOCTORS DISAGREED

Pains Disappeared After Use of Lydia E. Pinkham's Vegetable Compound.

Wilmington, Del.—"I was suffering from a terrible backache and pains in my side, with bearing down pains and was very nervous. I was always tired, always drowsy, never could get enough sleep and could not eat. I had four doctors and each told me something different. I read of Lydia E. Pinkham's Vegetable Compound and decided to try it. I got good results and I now feel better than I have felt for years and I am gaining in weight. I can gladly recommend it to all women."—Mrs. George W. Sams, 1611 West 4th Street, Wilmington, Del.

Backache and bearing down pains are danger signals which every woman should heed. Remove the cause of these aches and pains by taking Lydia E. Pinkham's Vegetable Compound, that good old root and herb medicine. Thousands of women have testified to its virtues. For forty years it has been making women strong, curing backache, nervousness, ulceration and inflammation, weakness, displacements, irregularity and periodic pain.

If you want special advice write Lydia E. Pinkham Medicine Co., confidential, Lynn, Mass.

Soft Lights.

No one can appreciate the wonderful effect of soft light from shaded candles given to a room until one has seen a room lighted in such a manner. Many women hesitate to buy candles because they cannot afford to buy the kind of shade that will look best in the room in which the candles are to be used. By closely examining a ready-made shade and by following directions any woman who can wield a needle should be able to make suitable shades. At any needlework store foundations for the shade can be bought already made or can be made to order. Having purchased the foundations, it is next necessary to measure them to find out how much material will be needed to cover them, and the covering of them will be found a most interesting and easy process. One thing to remember is that neatness is essential to the beauty of each shade.

Optimistic Thought.

It is not the greatness of a man's means that makes him independent so much as the smallness of his wants.

NINNEKAH ITEMS.

Miss Ella Emanuel spent the week-end in Chickasaw with Dr. and Mrs. L. E. Emanuel.

Jackie Smith shipped a car load of cattle to Oklahoma City, Monday.

W. S. Thompson, of Agawam, spent Monday in Ninneka.

Mr. and Mrs. Marvin McRae and daughter, of Chickasaw, were visiting J. C. Manley and family, Monday.

Mr. and Mrs. W. R. Ruff returned from Oklahoma City, Friday, where they had been visiting their son, H. P. Ruff.

Misses Oia and Vera Robinson of Coffey spent Sunday with Miss Maggie Hunslett.

Mrs. S. J. Richardson was in Chickasaw Saturday.

Misses Maggie James and Nettie Jinks spent the weekend with friends in Ninneka.

Hugh Delaney was called to his home in Austin, Texas, Saturday, by the illness of his father.

Miss Gladys Shannon of Dallas, Texas, is here visiting her sister, Mrs. Henry Proctor.

Dr. and Mrs. Gerard had for their dinner guests Sunday, Mr. and Mrs. J. A. Merchant, of Bennington, N. Y.

More vexing than "How old is Ann," is the question, "What is Thad Cahler going to put into that new stone building of his that is now nearly completed?"

The Rock Island surveyors were in town Monday laying plans to dig a ditch to drain the water off of the track east of the stock pens.

Mr. and Mrs. Roy Windle and Mrs. Ida Leuts were in Chickasaw Monday.

Mr. and Mrs. J. W. Hoover and family were the dinner guests, Sunday, of Mr. and Mrs. G. M. Null.

Mrs. E. H. McElroy is visiting in Chickasaw this week.

Mr. and Mrs. Lloyd Null of Tabler, spent the week-end with J. W. Null.

Misses Lula and Beulah Knight spent Sunday at the home of Mr. John Muiz.

Ralph Lea came from Edmond last week to hold the eighth grade examination at Rocky Ford. He spent the week-end with his parents, and returned to Edmond Sunday afternoon.

Prof. W. A. Duff closed a very successful term of school at Agawam Friday night. A program, consisting of songs, readings, and a play was given. In spite of the inclement weather, quite a large party of Ninneka young people were present.

The Girls club met Wednesday afternoon with Mrs. Nettie B. Coryell and great plans were made for this summer's work. The next meeting of the club will be held May 10th at Pearl Hoover's home.

Ninneka Crop Report—Watermelons all planted. Corn coming out and not as much to be replanted as was at first feared; cotton planting begun this week, acreage will be larger than last year, and wheat looking fine.

For the benefit of the Express readers who do not get the paper but once a week, we ask that all evidence bearing on the "Onion Case" be gathered and published in the weekly edition of the Express. We have a school garden down here, and are very much interested.

The class of 1916 promises us the best class play ever given at this place. The proceeds to defray some of the necessary expenses of the graduating class. Admission 25c. Friday night, April 28.

Rev. Commie Alcorn of Rush Springs, filled his regular appointment at the Baptist church Sunday morning and evening. That Brother Alcorn is slowly but surely getting a grip on the people of this community was shown Sunday by the crowded house. Two months ago, when he first began preaching here, just a few came out to hear him. Since then the pews have been gradually filling up, until Sunday there was scarcely an empty seat to be found.

Bird day was celebrated in our school. A program was given in the afternoon. The best number on the program was given by Room 3, Miss Maude Anderson, teacher. In their production of "The Birds of Killingworth," the children were at their best.

Camel CIGARETTES



give you such fine satisfaction through that mellow-mild-body, that flavor, that absence of bite, parch and any unpleasant cigarette after-taste, that your fondest cigarette desires are fulfilled, at last!

Camels are new to your taste because they are blended choice Turkish and choice Domestic tobaccos. They will not tire your taste, they are always most refreshing! Smokers do not look for or expect coupons or premiums with Camels because they realize the value is in the cigarettes which stand every test against any cigarette in the world at any price!



The stamp placed over end seals the package, which keeps out air, thereby preserving the quality of the blended tobaccos. By inserting the fingers as illustrated, the stamp easily breaks without tearing the tin foil, which folds back into its place.

Smoke Camels liberally without a comeback! You'll realize how delightful they are when you give them a thorough try-out! You'll prefer that Camel blend to either kind of tobacco smoked straight!

R. J. REYNOLDS TOBACCO CO.
Winston-Salem, N. C.

Camels are sold everywhere in scientifically sealed packages, 20 for 10c, or 10 packages (200 cigarettes) in a glass-paper-covered carton for \$1.00. We strongly recommend this carton for the home or office supply or when you travel.

Dr. R. J. Gordon has started the "clean-up movement" and joined the Anti-Noise Club. He has taken down his windmill and given it its annual cleaning and greasing.

Again the "Reaper whose name is Death" has visited our town and this time he claimed one of the sweetest little flowers that grew among us; Edgar H. Wood, age 1 year, 9 months, and 9 days, the little son of Mr. and Mrs. Tom Wood. Funeral services were conducted in the Christian church, Sunday afternoon, by Rev. A. B. Carpenter, after which the little body was interred in the Ninneka

cemetery. The bereaved parents have the sympathy of the entire community.

Miss Adele Wantland's music class gave a recital at assembly Wednesday morning. The following program was rendered:

Paper, "Music," by Miss Hattie Thompson.
Searf Dance, (Chaminade), Mildred Russell.
Spinning Song, (Ellenreich), Pearl Hoover.
(a) "Joyous Peasant," (Schumann);
(b) "Polonaise," (Maurice), Pansy Hoover.
"Dance on the Green," (Bohm), Nancy Hunslett.
"Shepherd Boy," (Wilson), Mildred Russell.
Polka, (Spindler), Pearl Hoover.
"Les Sylphes," (Backmann), Nancy Hunslett.
"Over Hill and Dale," (duet), Mildred Russell and Pearl Hoover.

Here is the calendar for the closing week of school. Cut this out and paste it up for future reference:

Friday night, April 28, at 8 p. m., the class play, "When Bess goes to Europe."
Sunday, April 30, at 11 a. m., at the Christian church, Baccalaureate sermon, by Rev. F. A. Brown, of Marlow.
Wednesday, May 3, at 2 p. m., May Festival and flower parade.
Thursday, May 4, at 8 p. m., program given by the grades.
Friday, May 5, 2 p. m., exhibit of school work in respective rooms.
Friday, May 5, 8 p. m., graduating exercises. Address given by President G. W. Austin of the O. C. W.

Can't Be Done.

"It's me" is an "idiom," says a Harvard professor, and is allowable, it is allowable largely for the reason that we haven't standing army enough to suppress it.—Houston Post.

VILLA STOPPED IT



Clock in the railroad station at Columbus, N. M., which was put out of business by Villa's men. The raid began about 4:10.

Country Landscapes.

The inhabitants of cities suppose that the country landscape is pleasant only half the year. I please myself with the graces of the winter scenery and I believe that we are as much touched by it as by the genial influences of summer. To the attentive eye, each moment of the year has its own beauty, and in the same field it beholds, every hour, a picture which was never seen before, and which shall never be seen again. The heavens change every moment, and reflect their glory or gloom on the plains beneath. The state of the crop in the surrounding farms alters the expression of the earth from week to week. The succession of native plants in the pastures and roadsides, which makes the silent clock by which time tells the summer hours, will make even the divisions of the day sensible to a keen observer. The tribes of birds and insects, like the plants punctual to their time, follow each other, and the year has room for all—Emerson.

Optimistic Thought.

If we desire to avoid insult we must be able to repel it.

Learn to Seek Happiness.

There are many people who seem to think that happiness is a thing, like a house or a dream, that you can get hold of and keep, as if it were a possession of your own. It isn't. You have to work for it as you work for other desirable qualities. And you have to keep on working. Teach yourself to respond to everything lovely or cheerful, to see beauty, to enjoy the society of other persons, to delight in work, to find enthusiasm in play. Teach yourself interest in the struggles and hopes of others; the sort of interest that is of use, that is a help. Learn to enjoy the many little things that turn up day by day. Make the most of your own mind, your own capacities. Don't sit around pondering whether you are happy or not, whether or not life is worth living. Live it thoroughly; keep awake to all the wonder of it, and you'll be happy without knowing it at first, until you have gone along far enough to realize what happiness is. Except in times of real tragedy and great suffering, happiness, in some at least of its myriad forms, is possible; is a duty indeed.

This Food is New



The United States Patent Office has recognized that fact and guaranteed a patent both on the form, and the method of making

NEW Post Toasties

No other flaked corn food on the market shares this honor—no other equals it in form or flavour.

Several distinctive features characterize this new and economical food delicacy.

Old style "corn flakes" do not possess much real flavour of their own. Old-fashioned methods of making didn't bring it out. They depended largely for their taste on the sugar and cream or milk, you ate with them. You were never asked to test the flavour by eating them dry.

We want you to test New Post Toasties by eating some dry, fresh from the package. You'll get the flavour at once. The new way of cooking, rolling and toasting under quick, intense heat brings out the best of the grains.

New Post Toasties do not mush down when milk or cream is added. They don't crumble or "chaff" in the package or in the dish. There's substance to them, and so wonderfully delicious as to make you call for more.

A Single Package Tells the Story

At Grocers—two sizes—10c and 15c.

Postum Cereal Co., Ltd., Battle Creek, Mich.

The Easter Hat



The last week of preparation for Easter has come, finding our Millinery

complete with countless suggestions for the fashionable hatted woman; and our prices are reasonable, too.

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